

Once

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Double D (UK)
音樂: For Once In My Life - Vonda Shepard



TWINKLE, TWINKLE, ROCK AND STEP, ROCK AND STEP

1&2 Cross left over right, step right to right side, step left next to right
3&4 Cross right over left, step left to left side, step right next to left
5&6 Rock forward on left, replace weight onto right, step left next to right
7&8 Rock forward on right, replace weight onto left, step right next to left

FULL TURN FORWARD, ROCK AND STEP, CROSS BACK BACK, CROSS ¼ TURN STEP

1&2 Make a full turn over left shoulder stepping left, right, left
3&4 Rock forward on right, replace weight onto left, step right next to left
5&6 Cross left over right, step back on right, step back on left
7&8 Cross right over left, step back on left making a ¼ turn to the right, step right to right side

CROSS SIDE BEHIND, ROCK ROCK, BEHIND AND CROSS, TOUCH CROSS

1&2 Cross left over right, step right to right side, cross left behind right
3-4 Rock to right side on right, rock to left side on left
5&6 Cross right behind left, step left to left side, cross right over left
7-8 Touch left toe to left side, cross left over right

ROCK AND CROSS, ROCK ¼ TURN STEP, 1¼ TURN TRAVELING FORWARD, SIDE STEP TOUCH

1&2 Rock right to right side, step left in place, cross right over left
3&4 Rock left to left side, make ¼ turn to right stepping forward on right, step left next to right
5&6 Step forward right making ½ turn over left shoulder, step back on left making ½ turn over left shoulder, step forward on right making ¼ turn over left shoulder
7&8 Step left to left side, step right next to left, touch left toe to left side

REPEAT
